

POST SHORTS

Recycling schedule

The residential and recycling pickup schedule for April 25, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Vehicle Resale Lot moves to new location

The MWR operated Vehicle Resale Lot for anyone who needs to sell or buy a vehicle is now at Outdoor Recreation Center, building 2407.

For more information, e-mail MWR-OutdoorRec@apg.army.mil, call 410-278-4124 or visit Web site www.apgmwr.com.

Child Lures Prevention seminar

In recognition of Child Abuse Prevention Month, APG Army Community Service and Harford County Public Schools will hold a free Child Lures Prevention Seminar, 6 to 8 p.m., April 24, at the Edgewood High School Auditorium.

Ken Wooden, founder of Child Lures Prevention and a personal safety expert will discuss research and prevention strategies to teach children about the 17 most common lures used by predators and criminals. There also will be a discussion on hate and violence, bullying and sexual harassment.

Registration is limited to 750 participants.

For more information or to register, call Aida Rivera, 410-278-7478, e-mail aida.rivera@apg.army.mil, or Lynda Fernandez, 410-278-2435, e-mail Lynda.Fernandez@apg.army.mil.

APG readies for Springfest/Bike Rodeo

The Springfest/Bike Rodeo will be held 10 a.m. to 3 p.m., May 5, at Shine Field featuring an Usborne Book fair, a bounce house, face painting, balloon animals, flag football and appearances by Elmo, The Hulk, Sparky the Fire Dog and other special guests.

A free lunch of hot dogs, chips and drinks will be provided. At 3 p.m., families can enjoy a free movie at the Post Theater.

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Gen. Casey becomes Army chief of staff



Gen. George W. Casey Jr. became the 36th chief of staff of the Army April 10 at a Fort Myer, Va., ceremony, taking the reins from Gen. Peter J. Schoomaker, left.

Story and photo by **J.D. LEIPOLD**
Army News Service

Gen. George W. Casey Jr. became the 36th chief of staff of the Army April 10, assuming the position from Gen. Peter J. Schoomaker.

Gen. Casey was the first commander of the Multi-

National Force-Iraq, a coalition of more than 30 countries, until February. He had served as Schoomaker's vice chief of staff before deploying to Iraq in 2003 to assume command of the coalition.

Guest speakers at the ceremony included Secretary of Defense Robert M. Gates and

Acting Secretary of the Army Pete Geren, both of whom praised Schoomaker for his accomplishments and the positive changes he made to the Army after being called from retirement in 2003 to assume the top uniformed Army position.

Geren, who hosted the cer-

emony, called Schoomaker a great teacher and Soldier, and honored him for nearly four decades of active service characterized by sacrifice, courage and devotion to duty.

"It's been a privilege to work alongside this extraordinary leader, this great teacher, a man who has given so much for his country and the Army he loves," Geren said. "Pete Schoomaker is a patriot, a man who has always put the country first and always answered the call to duty."

Gates also expressed his gratitude to Schoomaker, thanking him for his vision and leadership.

"Challenging times require extraordinary vision and leadership, and Pete has shown both those qualities," Gen. Gates said. "He has entirely changed the manner in which our Army is trained, deployed and organized."

In his parting words, Schoomaker reaffirmed that today's Soldiers are still the Army's greatest strength, because war will continue to be fought in the human dimension.

"While technology has changed our Army, there can be little doubt that when you look into the eyes of our warriors today, as I have in the last four years, I see the same patriotism that George Washington must have seen at Valley Forge," Schoomaker said. "I have

looked into the eyes of today's warriors and I am proud to report they continue to exceed every expectation for courage, dedication and selfless service - they are the heart of all we do, they are our future, and they demonstrate strength, compassion and warrior ethos."

Gen. Casey spoke last and thanked both secretaries, the president, Congress and Schoomaker for their faith in his abilities to lead the Army.

"I'm proud to be taking charge of an Army that's regarded as the best in the world at what it does," Gen. Casey said. "I have watched the men and women of our Army in action in the most demanding combat environment. I take great pride in the courage, the confidence and the commitment of our Soldiers and civilians to both the ideals that have made this country great and to making a difference in our world. They epitomize what is best about America.

"They and their families carry heavy burdens in today's war with a hard road ahead, yet their willingness to sacrifice to build a better future for others and to preserve our way of life is a great strength for our nation," he said. "We are Army Strong, and I could not be more proud today to be a Soldier and to stand shoulder-to-shoulder during this time of danger and uncertainty."

Officials emphasize zero tolerance of sexual assault

Story by **CARMEN L. GLEASON**
Army News Service

Sexual assault is a crime that is incompatible with military values and will not be tolerated within the Defense Department, the undersecretary of defense for Personnel and Readiness said April 3.

David S.C. Chu kicked off the month-long DoD observance of sexual assault prevention during a ceremony at the Women in the Military for America Memorial at Arlington National Cemetery.

"Sexual assault is devastating to the individuals it victimizes," Chu said. "It weakens trust and creates strife within our units. It undermines the state of readiness of the armed forces as a whole."

Sexual assault is one of the nation's most underreported crimes. National statistics show that an assault occurs

every 90 seconds. One in every six women and one in every 33 men will be the victims of rape or attempted rape in their lifetime.

"Sexual assault remains a troubling issue in America," Chu said. "Since the military reflects the society it serves, the issue faces the Department of Defense as well."

This year's DOD campaign is promoting a climate of respect that encourages every service member to join in a cooperative effort to end sexual violence, said Kaye Whitley, director for the Sexual Assault Prevention and Response Office.

SAPRO is DoDs single point of accountability for sexual assault policy matters. The organization develops policy and programs to improve prevention efforts, enhance victim support and increase offender accountability by collaborating closely with each military branch.

Whitley said the goals of this year's campaign are three-fold: fostering awareness of the impact of sexual assault on victims, encouraging community-wide prevention and facilitating awareness of the availability of health services to care and support victims.

To create a "climate of confidence," DoD has changed reporting options for sexual assault victims. Beginning in 2005, victims were given an option of restricted or unrestricted reporting.

When filing a restricted report, victims could receive medical care and counseling for assaults without alerting their chain of command or triggering an investigation. DoD officials attribute a 65 percent increase in reporting to this change.

In 2006, there were 756 restricted reports of sexual assault, Chu said. These were victims who might not have come forward under the old policy, he

noted. After receiving initial medical treatment and counseling, Chu added, 86 of those changed their reports to unrestricted status, allowing the pursuit of those who acted against them.

DoD officials continue to focus on providing education and training for its more than 1 million active-duty service members. During a worldwide conference held by the department this year, more than 350 troops were trained to be "first responders" for victims on their installations.

"We believe that the numbers of reports will continue to rise because we are changing a culture," Whitley said. "While these numbers make an initial rise, we hope to see a leveling off and eventual elimination of assaults within the department."

(Editor's note: Author writes for the American Forces Press Service.)

2007 Army Birthday Ball announced

DA

Celebrate the Army's 232nd birthday, 5:30 p.m. to 1 a.m., June 16, at the Hilton Washington, located on 1919 Connecticut Ave., NW, Washington, D.C. Check-in begins at 4 p.m.

The Army Birthday Ball is open to all active duty, National Guard, Reserve, Department of the Army civilians, government contractors, family members, retirees, veterans and invited guests. It will be an elegant evening of dining, dancing and entertainment.

Tickets cost \$70 per person and includes dinner, entertainment and dancing. A limited number of discounted tickets are available for Army staff sergeants and GS-7 civilians and below and equivalent NSPS payband and below on a first-come first-served basis. (Guest tickets are full price unless the guest qualifies for a discounted ticket).

Free parking will be available in Pentagon South parking next to the lower-tier Pentagon Metrobus station. Lanes 20 to 26 are designated parking lanes. Those vehicles without a DoD sticker or Pentagon Parking Pass



will be subject to search. Commercial parking is available at the Hilton and other facilities close by on a limited basis. Pentagon parking is strongly encouraged

Register early, tickets are limited.

For more information or to register, visit the United States Army Homepage <http://www.army.mil/birthday/232/ball/default.htm> or register through Army Knowledge Online.

Watch card

Report any suspicious activity immediately to the APG Police:

Aberdeen Area, 410-306-2222, 4-2222
Edgewood Area, 410-436-2222, 5-2222

Off post in Maryland, 1-800-492-TIPS (8477) or call 911.
Your call may save lives.

Note - Do not carry this card when traveling outside of the United States.

Youth professionals to speak at APG Law Day

Story by **HEATHER TASSMER**
APG News

The executive director of the Harford County Boys and Girls Clubs of America and an intake officer of Harford County Department of Juvenile Services will serve as two of four speakers at the Office of the Staff Judge Advocate's Law Day Luncheon, 11:30 a.m. to 1:30 p.m., April 26, at Top of the Bay.

Law Day is observed to celebrate how the law and the legal process contribute to Americans' freedoms.

This year's theme, chosen by the American Bar Association, is "Liberty Under Law: Empowering Youth, Assuring Democracy."

Maj. Grace Moseley, civil law attorney with OSJA's Administrative and Civil Law Division and Marie Antoinette Joiner, acting chief and supervising attorney of the Client Services Division, are coordinating the event.

Don Mathis

Mathis has served as the executive director of the Harford County Boys and Girls Clubs of America since 1997.

He said his responsibilities include working with government agencies to raise \$1.7 million annually.

These funds are used to operate the facilities, pay the staff and conduct programs that include gang and juvenile prevention, Mathis said.

The clubs are located in Aberdeen, Edgewood, Havre de Grace and Bel Air. Children and youths learn character, leadership, health, education and athletic skills at the clubs.

Mathis said the trends in today's students are changing and the club staff works with students to overcome those challenges.

The National Assessment of Educational Progress, a test which in part, evaluates math and reading scores based on a sample population, found that the top 40 percent of students are scoring higher and performing better academically than the top 40 percent of 10 years ago did, Mathis said.

"The problem is the bottom forty percent, those who are performing poorly, are doing worse than their peers of ten years ago," Mathis said. "We help motivate these youths in school," he said.

Mathis said he will focus on juvenile prevention at the luncheon.

"Juvenile prevention ties into values and showing kids the right way," he said. "I want to offer hope that there are strategies out there that work."

One of the methods in preventing young people from getting into trouble is "bombarding them with positive adults," Mathis said.

"We have Soldiers from the proving ground [visit] and play pool with the kids," he said.

Celebrating Law Day is important because of youths' negative views of police.

"It is important to teach them that law enforcement is to protect and help the people," he said.

Before working for the Harford County Boys and Girls Clubs, Mathis worked at the Corporation for National and Community Service where he

See LAW DAY, page 2

Farewell message from Gen. Peter J. Schoomaker

By
GEN. PETER J. SCHOOMAKER

“Tomorrow [April 10] we will stand on the parade field at Fort Myer and the mantle of Army Chief of Staff will pass to Gen. George W. Casey. It has been a tremendous privilege and honor to serve alongside you - the Soldiers, civilians and family members - who make the Army the world’s preeminent land force, the ultimate instrument of national resolve.

Upon becoming 35th Army Chief of Staff in August 2003, I issued an “Arrival Message” to the force. In that message I spoke of standing in an Iranian desert in 1980, on a moonlit night, at a place called Desert One, where eight of our comrades lost their lives and others were forever scarred. I spoke of keeping a photo of the carnage that night to remind me of the grief and failure of that mission and the commitment survivors of that operation made to a different future.

Having now been in this Army for almost four decades and having seen the Army my father served in for 32 years before that, I can tell you in no uncertain terms that today’s battle-hardened Army does, in fact, reflect the different “future” we envisioned.

Standing on the shoulders of those who have gone before us, the men and women of today’s Army have remained focused on our nonnegotiable responsibility to the nation. For almost 232 years, the Army has never failed the American people, and it never will.

We have been resolute in the pursuit of our four overarching strategies - providing relevant and ready landpower; training and equipping Soldiers to serve as warriors and growing adaptive leaders; sustaining the all-volunteer force composed of highly competent Soldiers who are provided a quality of life commensurate with the level of their service; and providing infrastructure and support to enable the force to fulfill its strategic roles and missions. Furthermore, instead of reigning in our drive to transform during a time of war, we have lever-



Photo courtesy of U.S. Army

Gen. Peter J. Schoomaker
Army Chief of Staff

aged opportunities in this conflict to establish and accelerate the momentum necessary to reshape the entire force into a more capable campaign-quality force with vastly improved joint and expeditionary capabilities.

Specifically, as we serve alongside our joint and allied partners in Iraq, Afghanistan and elsewhere, we have improved the Army’s ability to operate and dominate in any environment against current, emerging and unforeseen threats.

While working to grow the regular Army by 30,000 since 2004, we now have authority to permanently increase our endstrength by over 74,000 Soldiers across all components - active, National Guard and Reserve.

We have created far more capable and strategically deployable brigade-sized formations that are designed to receive and integrate new technologies and equipment as

soon as they become available.

There has been a significant expansion and enhancement of Army special operations forces.

We have and are continuing to increase Soldier and unit effectiveness and protection, as evidenced in our reset efforts and modernization plans.

We have been developing a forward-looking doctrine that guides how we organize, train, fight and sustain our forces.

Finally, and perhaps most importantly given that Soldiers are our centerpiece, the Army’s intellectual and cultural transformation is creating and maintaining a learning and adaptive force that will dramatically improve how we face future challenges. We are growing innovative Soldiers and pentathlete leaders through training and education built on recent combat experience. Literally, every aspect of today’s Army has been touched by change, with the exception of our enduring values.

During my tenure as Army chief of staff, I have seen our Soldiers continuously demonstrate why they are our greatest strength. Their adherence to the warrior ethos is as inspiring as it is necessary. Their ability to learn and adapt as we fight an ever-changing enemy and transform to meet complex future threats is essential. Their dedication and optimism about our future are contagious.

We must never forget that war is fought in the human dimension. Therefore, technology will always play an important but distinctly secondary role, because even our most sophisticated satellites and computers cannot get into the mind of the enemy, interact with local leaders, understand other societies and cultures, or make the instantaneous life or death decisions required to meet our 21st century challenges. Men and women with their “boots on the ground” are necessary to do all this.

Let there be no mistake, fighting and adapting today, while transforming for an uncertain and complex future against traditional, irregu-

lar, catastrophic and disruptive threats is vital to America’s security. Although those in uniform have borne a disproportionate burden during the opening engagements of this long war, we are not fighting and cannot win this war alone.

Defeating our enemies requires a shared understanding of the threat and a strategic consensus. It requires a concerted effort, utilizing all elements of power - diplomatic, informational, military and economic. Finally, it requires a national commitment to recruit, train, equip and support those in uniform and their families, something that is a matter of priorities, not affordability.

While prudence cautions against ignoring the effect of war weariness and our tendency toward cyclic national defense flat-footedness, let me assure you that from my vantage point, our men and women in uniform continue to enjoy the admiration and appreciation of every American. This is reflected both in public opinion and the Congress. This support has been and will be critical as we continue to fight this long war.

The road ahead will not be easy and the stakes could not be higher. While there is much we don’t know, I can say with certitude that sustained engagement of our Army will remain the norm, not the exception. Therefore, the Army must continue to demonstrate initiative, resilience and innovation at all levels. The Army must continue to adhere to its non-negotiable values and the warrior ethos. The Army must continue to learn and adapt. Yet despite challenges, everything I have seen as Army chief of staff encourages me.

When recalled from retired rolls nearly four years ago, I stated that “as an American Soldier, I had never left your ranks.” It has been a great privilege to wear the uniform once again.

I remain forever humbled by the courage, dedication and selfless service of those who preceded us and those who remain in service to our Country. I am proud of you. You are indeed Army Strong!

God bless you - the United States Army.”

61st Brigade commander honors six instructors

Story by
ANDRICKA THOMAS
OC&S Public Affairs

Six instructors received honors from the U.S. Army Ordnance Mechanical Maintenance School April 2 at the Ball Conference Center.

Two Soldiers earned their master instructor designation, three instructors were deemed instructors of the year, and one Soldier achieved both the master instructor level and deemed Noncommissioned Officer Instructor of the Year.

Col. Bobby Towery, 61st Brigade commander, awarded military recipients the Army Commendation Medal, the Lt. Gen. Levin Hicks Campbell Jr. Distinguished Award of Merit Certificate and a \$200 Savings Bond for their accomplishments.

Instructors go through a four-step process to achieve the master instructor designation. Normally, it takes three years to complete the master program. However, all three master instructors completed necessary requirements within 25 months.

Staff Sgts. Richard Suel and Kerry Stinson and civilian Jackie Wilson have all achieved the master instructor level. To reach this goal, an instructor must satisfy a number of rigorous requirements including teaching at least 1,000 hours, being rated

as outstanding on six teaching observations throughout their career and develop a comprehensive lesson plan that will better the school’s curriculum for all students.

In addition to achieving master instructor level, Suel also was deemed the Noncommissioned Officer Instructor of the Year. After 17 years of service, he developed and revised the Generator Set Selection and Installation Workbook to include a Power Point presentation. These changes are made useful by posting them to eOrdnanceU, Supporting our Ordnance Warriors at Home and Abroad.

“I want to be the best of the best, and being a master instructor is a great way to achieve that,” Suel said. He said that by being a master instructor he can give back to the school and serve as a mentor to other Soldiers, just as his mentors did for him.

Stinson revised the EXO-Thermal Cutting Welder standard operating procedures, which also is posted on eOrdnanceU. Stinson has served the military for 18 years.

Wilson, who retired after 21 years of service, continues to serve the Ordnance Corps through his instruction as a civilian. As part of achieving the master instructor level, he constructed a remediation of

the power generator equipment repairer specialty, eliminating down-time while Soldiers are awaiting equipment to test on.

Maj. Edward Dennis was recognized as the Officer Instructor of the Year. Dennis teaches with the Command Staff Department at the U.S. Army Ordnance Center and Schools and has served the military for 18 years.

The Warrant Officer Instructor of the Year was Chief Warrant Officer 3 Brian Stevens, who has served the military for 21 years. His current assignment is with the Advanced Auto and Recovery Department with OMMS.

Jeffrey Ralls, with the School of Military Packaging and Technology, who won the Civilian Instructor of the Year Award, received the Commanders Award for Civilian Service, Lt. Gen. Levin Hicks Campbell Jr. the Distinguished Award of Merit Certificate and an On-the-Spot Cash Award. He retired from the military with 22 years of service, and has served OMMS for 10 years.

“I truly believe that our school’s strength lies in the continuity and professionalism in our instructors,” said Towery. “I appreciate everything you do.” Towery said to the six instructors.

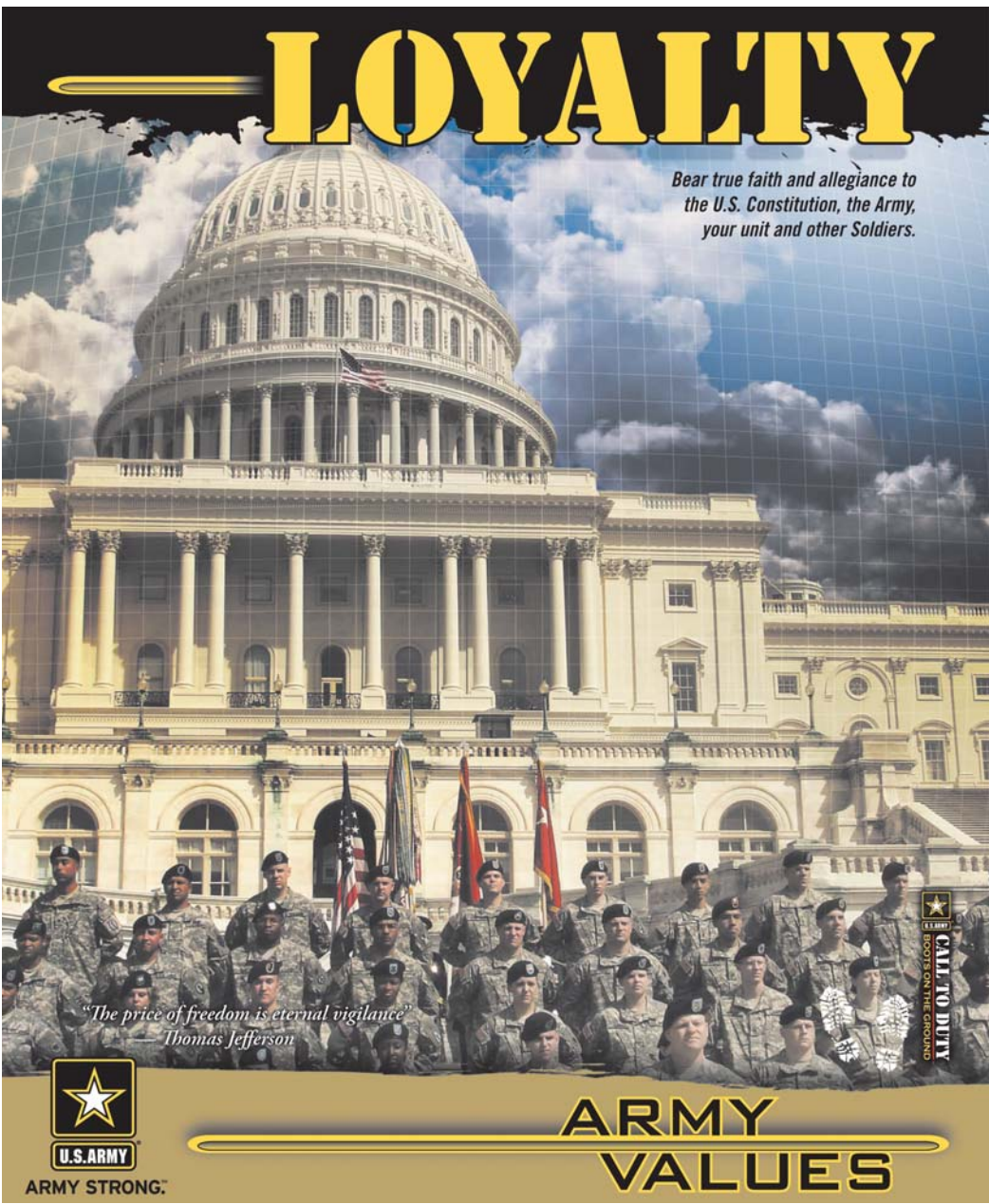


Photo by ARMY G-1
The Army recently issued new versions of the Army Values poster series. APG News will feature the remaining Army Values posters in future issues

Loyalty. Bear true faith and allegiance to the U.S. Constitution, the Army, your unit and other Soldiers. This means supporting the military and civilian chain of command, as well as devoting oneself to the welfare of others.

Law Day

From front page

managed an 800 AmeriCorps member security force at the 1996 Olympic and Paralympic Games in Atlanta. He has served in many other leadership positions including director of the Pennsylvania Conservation Corps and executive director of the National Youth Employment Coalition in New York City.

He also serves as president for the Maryland Rural Development Corporation that provides ways to teach low-income families how to become

more self-sufficient.

Mathis graduated from East Stroudsburg State University, East Stroudsburg, Pa., in 1970, where he received a bachelor’s degree in philosophy.

He will be leaving Harford County Boys and Girls Clubs in May to pursue other job interests.

Peter Buckless

Buckless has 13 years of criminal justice experience and has worked for DJS since 1998.

Buckless said as an intake officer, he helps youths who have committed delinquencies in the community and “tries to get them back on track.”

He said he decides whether to handle troubled youths on an informal

basis or in the courtroom.

“Informal supervision is a period of ninety days that the youth is observed in the community to ensure they don’t have any further legal problems,” he said. “During this ninety-day period the youth can attend drug and alcohol counseling, anger management counseling, community service, family counseling and healthy decision-making programs.”

During the luncheon, Buckless said he will discuss DJS’ partnerships with agencies in the community and the purpose of each agency.

“The Department of Juvenile Services uses a wraparound approach or a team approach to solving youth

issues,” Buckless said. “In the past, kids saw one counselor. Now they are plugged into these community services to find out what parents need to do to help their children.

“The goal of the wraparound approach is to get kids to make better choices for their future,” he said.

Buckless said he has participated in past Law Day events and has spoken in Harford County schools and the Harford County Bar Foundation.

In the past, Buckless has worked as a house arrest officer for DJS and an adult probation officer in Pennsylvania.

He attended the University of Baltimore for his bachelor’s degree in

criminal justice and master’s degree in legal and ethical studies.

The luncheon coordinators discussed why they chose Mathis and Buckless to speak at the event.

“Mr. Mathis has a big role in crime prevention and empowering children,” Moseley said, noting that the club in Aberdeen has a poster that reads “I believe in the rights of the Constitution.”

“Mr. Buckless was highly recommended by local professionals in the community that work with youth services,” Joiner said.

For information about the other speakers, refer to the April 12 issue of *APG News*.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil.

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APG Tax Center closed

Free online tax filing still available to many military

OSJA

For anyone that has not filed their 2006 return the Internal Revenue Service recommends taking advantage of Free File, which allows taxpayers to prepare and e-file their federal income tax return online for free. Taxpayers who have an adjusted gross income of \$52,000 or less in 2006 are eligible.

Free File is fast, easy and safe to use. It is available in English and Spanish. The program can be accessed from any computer that is connected to the Internet, making it especially convenient for those stationed abroad. It can be accessed 24 hours a day, seven days a week.

Free File returns are transmitted using secure technologies.

To start, first go to the **www.irs.gov** home page and click on “Free File,” then press the “Start Now” button. Then, either review the list of tax preparation company offerings to select a vendor or click the “Guide Me to a Company” button. Free File is not available by going directly to a company’s Web site. Once a company has been selected, follow the link to its Web site and begin preparing the return.

In addition to saving money, Free File users enjoy other benefits. Preparing taxes electronically saves time. That’s because the software features an instructive interview process that guides users through preparing their return, helps answer their questions and informs them of the newest tax breaks, such as this year’s one-time refund of the excise tax on long-distance telephone service.

Some of the Free File Alliance companies also offer free preparation and filing of state income tax returns and filing of time extensions. Some also offer no-cost online filing of Form 1040EZ-T, Telephone Excise Tax Refund, for those who want to request the refund and are not required to file a federal income tax return.

Free File is offered by the IRS in partnership with the Free File Alliance, a group of leading private-sector tax preparation companies.

Free File has been around for the past five years. It was created to give a majority of U.S. taxpayers a no-cost way to prepare and e-file their annual federal tax returns.

The staff of the Client Services Division, Office of the Staff Judge Advocate is available to answer questions regarding Free File and income tax preparation.

Soldiers can call the 410-279-1583 or stop by building 4305, 3rd floor to discuss their tax concerns.

Minority College Relation Program helps teens with career choices

MCRP

Thanks to efforts by the Minority College Relation Team, three local high school students were provided a close-up look at the field of chemical engineering as a career choice during a tour at the U.S. Army Aberdeen Test Center April 5.

According to Neslie Etheridge, manager of the Aberdeen Proving Ground Garrison Minority College Relation Program, which is run under the auspices of Equal Employment Opportunity, the event was an expansion of the program mission.

“Our purpose is to develop and administer aggressive outreach strategies that promote mutually beneficial collaborative partnerships and relationships with minority colleges and universities,” Etheridge said.

He said an e-mail from the parent of a local high school senior who was interested in chemical engineering but

See CAREER, page 14

NSPS: Communicating with the staff

www.cpms.osd.mil/nsps

To help employees understand the National Security Personnel System conversion and its impact, *APG News* will provide weekly articles detailing the characteristics of the new Department of Defense system. This article details the responsibilities of managers and supervisors. For more information visit the NSPS Web site, <http://www.cpms.osd.mil/nsps>.

Why talk about NSPS?
Reduce apprehension, uncertainty and confusion

The more you and your staff discuss NSPS, the more they will understand the new system and what it means to work in a performance-based organiza-

tion. A common understanding and shared vision contribute to a more efficient and effective work environment.

Dispel rumors

By openly communicating with your staff and soliciting feedback, you will have the chance to address staff concerns and provide fact-based information that dispels any rumors and clarifies any misconceptions about NSPS.

Increase confidence

Taking time to explain how NSPS benefits staff and helping your staff become familiar with its elements can raise their comfort level and ease their anxiety. Employees who understand where they fit in the big picture and what they need to do to succeed are going to be more open to NSPS.

Remember, employees must understand why the change to NSPS is taking place; what it means to work in a pay-for-performance organization; what is expected of them; and what skills they currently possess and those needed to succeed in NSPS.

What topics to discuss

The NSPS performance management system requires robust, two-way communication between employees and supervisors. Be sure to explain that:

Individual performance expectations are linked to organizational goals. Describe how your organizational goals relate to the DoD mission. Explain the near and long-term goals of

the organization and how individual performance impacts mission accomplishment.

Each employee is responsible for individual success. Employees work with you to establish performance goals and meet expectations, and are recognized and rewarded for achieving their performance goals through individual and team accomplishments.

Employees and supervisors openly discuss individual performance goals and expectations. Progress towards meeting performance expectations is discussed and evaluated on a frequent basis through informal and formal discussions.

Safeguarding employee rights and protections

NSPS provides new opportunities for pay increases, rewards and career progression, while ensuring rights, protection and current benefits. It offers managers and supervisors an improved system to acknowledge and reward job performance. Employees who achieve their performance goals through individual and team contributions can be recognized and rewarded.

As you transition to NSPS, take time to communicate these opportunities to your staff while continuing to reassure them about their benefits and protections.

Learn more about manager/supervisor communication in next week's *APG News*.

**Visit APG News
online at
www.apgnews.apg.army.mil**

Community Notes

FRIDAY
APRIL 20
MOVIES THAT MAKE
A DIFFERENCE - “AN
INCONVENIENT TRUTH”

View Al Gore’s movies on the auditorium “big screen,” followed by a discussion of climate change issues and how to can make a difference, led by a Chesapeake Climate Action Network representative. This program is free and is from 7 to 9:30 p.m. for ages 15 to adult. Registration is required.

For more information, directions or to register, call the Anita C. Leight Estuary Center, 410-612-1688 or 410-879-2000, ext. 1688.

SATURDAY
APRIL 21
EARTH DAY
CELEBRATION

The Lower Susquehanna Heritage Greenway and the Havre de Grace Maritime Museum will sponsor Earth Day, 8 a.m. to 5 p.m. at the Havre de Grace Maritime Museum located on 100 Lafayette Street.

Events will include a riversweep, folksinger Don Shappelle, guest speaker Kent Mountford who will present “State of the Bay – 400 Years Ago,” a scavenger hunt, guided tours of the promenade and more. Admission is free.

For more information, call 410-939-4800 or e-mail museum@comcast.net.

ALPHA KAPPA ALPHA
SORORITY LUNCHEON

Xi Delta Omega Chapter, Alpha Kappa Alpha Sorority, Inc. will celebrate 25 years of “Service to All Mankind” with a 25th anniversary luncheon, noon to 3 p.m. at Vitali’s Restaurant, located on 1709 Edgewood Road, Edgewood. The theme will be “Honoring Our Past, Celebrating Our Future . . . Every Sister Pushing Forward.” Cost of the luncheon is \$40 per person.

For more information, call 410-515-7583/7584.

BASKET BINGO

Basket Bingo to benefit the Port Deposit Heritage Corporation will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., bingo starts at 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available. No smoking is allowed.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338 or Joanne Bierly, 410-378-3320.

SUNDAY
APRIL 22
SILVER TURTLE
ROUND-UP

Learn a few outdoor cooking tricks with tin foil. Lunch provided. The program will be held noon to 1:30 p.m. for ages 8 to adult and costs \$4. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

TOTALLY POTTY

Create clay pot garden creatures and grow a garden in their heads. The program will be held 2 to 4 p.m. for ages 12 to adult. Cost is \$5 per person. Registration is required.

For more information, directions or to register, call the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

MONDAY AND
WEDNESDAY
APRIL 23 AND 25
EDGEWOOD
ASSEMBLY OF GOD
SPECIAL CRUSADE

The Edgewood Assembly of God, located on 803 Edgewood Road, will present a Special Crusade, 7 p.m., by Evangelist Greg Hubbard.

Free for everyone.

For more information, call 410-676-4455, 9 a.m. to 3 p.m., Monday through Friday.

WEDNESDAY
APRIL 25
EARTH DAY CLEANUP

The State Highway Administration and Harford County Department of Planning and Zoning will team up to support an Earth Day cleanup at the Otter Point picnic facility, 8 a.m. to noon.

Volunteers will perform litter removal and vegetation management of Smith Park along Bush River near Abingdon. Volunteers who participate should dress appropriately to include long pants, work shoes and work gloves. Trash bags and similar clean up tools will be provided on site.

For more information, call Robert B. Thomas Jr., 410-638-3258 or 443-617-1954.

FRIDAY
APRIL 27
BASKET BINGO

Basket Bingo to benefit the Harford County Miss Fire Prevention Scholarship Fund will be held 7 p.m. at the Level Volunteer Fire Company, located on 3633 Level Village Road, Havre de Grace. Doors open 6 p.m. Tickets cost \$10 per person in advance, \$12 at the door and includes bingo games, raffles and door prizes.

For more information and tickets, call 410-459-6727 or e-mail mgallion05@hotmail.com or chellybelly100@aol.com.

SATURDAY
APRIL 28
TRAIL TREK:
SUSQUEHANNA STATE
PARK

Enjoy a splendid 3- to 4-mile hike with volunteer Eugene Burg along the banks of the Susquehanna River. Bring lunch. The program will be held 9 a.m. to 1 p.m. for ages 10 to adult and is free. Registration is required.

For more information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

GET MY DRIFT?

Stroll along the shore of the estuary searching for life and looking for that one, especially beautiful piece of driftwood. The program will be held 1 to 2 p.m. for ages 4 to adult and is free. Registration is required.

For more information, to register or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

DAY IS DONE

Nudge around the marsh at the Bosely Conservancy as the day is winding down, and enjoy the sunset on the creek while paddling home. The program will be held 5 p.m. to 8 p.m. for ages 8 to adult, under 13 with an adult. Registration is required. Cost is \$10 per person.

For more information, to register or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

SUNDAY
APRIL 29
SUNDAY
BRING OUT YOUR
BONES

Learn the basics about identifying skeletons of animals found in nature. Bring any clean samples you have. If you don’t have any samples, don’t worry, some will be supplied. The program will be held 1:30 to 2:30 p.m. for ages 6 to adult. Admission is free. Registration is required.

For information, registration or directions to the Anita c. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.)

Chapel News

REGISTER FOR VACATION BIBLE SCHOOL

The APG Main Post Chapel Vacation Bible School will be held 6 to 8:45 p.m., June 25 through 29, for preschoolers ages 5 to grade 6.

This year’s theme is “Holy Land Adventure: Galilee by the Sea – Catch Jesus in Action.”

Nursery care will be provided for volunteers.

Registration forms for volunteers (adults and teens) are available in the entrance of the chapels at Main Post (APG North) and South Post (APG South). Early registration is requested. The first planning meeting for all volunteers is scheduled for 6:30 p.m., April 23.

For more information, call Gerri Merkel, 410-278-2516 or e-mail gerri.merkel@apg.army.mil.

GUEST RELIGIOUS ENTERTAINER TO VISIT APG

Father Pat (Andre Patenaude), guitarist and singer, will visit APG May 3 through 10 conducting concerts, ecumenical presentations, speaking at a prayer breakfast and candlelight dinner as well as conducting programs for the military at both post chapels. Everyone is welcome to attend.

Anyone wishing to help with any of the events should call Gerri Merkel, 410-278-2516 or e-mail gerri.merkel@apg.army.mil.

PWOC EVENTS

SATURDAY APRIL 28 WOMEN’S DAY RETREAT

A Women’s Day Retreat, “Shine Jesus Shine,” will be held 9 a.m. to 5 p.m. at the Main Post chapel. Join the PWOC for a day of fellowship, prayer, praise and small group sessions. There will be a guest speaker. A catered lunch also will be provided.

TUESDAYS MAY 1 and 15 SEWING AND CRAFT SOCIAL

A sewing and craft social will be held 10 a.m. to noon, in the APG Main Chapel, classroom 3. Anyone who likes to sew or wants to learn how is invited to hang out with ladies who want to have fun and learn a new hobby. There are sewing machines and materials for a small project. For a larger quilt project, bring six pairs of jeans and flannel fabric.

THURSDAY MAY 3 NATIONAL DAY OF PRAYER

The PWOC will gather in unity to pray for the nation during a special prayer session for the National Day of Prayer, 9:15 to 11:30 a.m., at the Main Post Chapel. They will use the book “Pray for Our Nation – Scriptural Prayers to Revive our Country.” The book is a gift to all who attend.

SATURDAY MAY 5 MOTHER, CHILD BANQUET

The Mother and Child Banquet will be held 11:30 a.m. to 1:30 p.m. at the Main Post Chapel. Bring the children for a meaningful, fun and creative luncheon. RSVP to the chapel by April 30.



MORALE, WELFARE & RECREATION

Armed Forces Day 10K Run to be held at APG

Military runners can qualify for Army 10-Miler

Story by
YVONNE JOHNSON
APG News

Thanks to a partnership between Morale, Welfare and Recreation, the Army Substance Abuse Program and Charm City Run of Bel Air, for the first time in years, Aberdeen Proving Ground will host a 10K run on Armed Forces Day, May 19. The run begins 8 a.m. at the APG Athletic Center, building 3300.

Bringing back the run

Ralph Cuomo, MWR sports director, credited an alliance between MWR, the ASAP and Charm City Run of Bel Air with returning running to APG roads.

He said that Charm City Run owner Josh Levinson approached MWR about doing a run at APG, pledging to take care of financial and administrative duties.

“They just needed a place to run,” Cuomo said.

Cuomo met with the Directorate of Law Enforcement and Security’s Joe Darabasz, Police Services Division, and Joe Davis, Traffic division, as well as Directorate of Safety, Health and Environment emergency medical technicians to request support and iron out any problems.

“The big issue was opening the run to the general public,” Cuomo said.

For that reason non-government ID card holders are encouraged to pre-register online to expedite their movement through the gate on race day.

“They may still be able to get through but if they don’t pre-register they may not make it in time for the run,” Cuomo said.

He said the response has been great and around 2,000 runners are expected. He expressed his gratitude to Josh Levinson of Charm City Run and Jareta Coyle of ASAP which is financing

the T-shirts with the drug free theme: “Honoring America’s Drug Free Heroes” and the 61st Ordnance Brigade commander Col. Bobby Towery, who has pledged the participation of the entire Ordnance Mechanical Maintenance School.

“This has been a great partnership, and partnership is paramount to our continued success” Cuomo said. “We absolutely could not do this without ASAP and OC&S. Thanks to them this could very well become a yearly event.”

The run begins 8 a.m., May 19. Entry fees are \$20 thru May 4; \$25 thru May 18 and \$30 the day of the race. For active duty military, E-4 and above there is a \$5 discount. The race is free for E-1 thru E-3.

Registration

The Armed Forces Day 10K run is open to everyone, military and civilian. Pre-registration is encouraged for those not holding a government ID. Register online at www.apgmwr.com/110krunregistrationform.pdf or through the Charm City Run site at www.charmcity-run.com.

Army 10-Miler

For the second year, MWR will sponsor an APG team (active duty military only) for the 23rd Annual Army 10-Miler to be held Oct. 7 in Washington, D.C.

Interested runners who are participating in the Armed Forces Day 10K can use their official time to qualify for the Army 10-Miler. For all others, a qualifying run for the Army 10-Miler will be held 8 a.m., June 10. The top 16 runners will be selected to the APG team.

For more information about the Army 10-Miler contact team leader, Capt. Latrice Clark, commander, Headquarters and Headquarters Company, 143rd Ordnance Battalion, 410-436-3472.

Activities/Events

NASCAR at Dover Downs

Reserved grandstand seats and value seats are available to all DoD ID card holders for the June 2 Busch Series and June 3 Dover 400 Nextel Cup races.

Reserved grandstand seats cost \$86 per person; value seats cost \$57 per person; general admission tickets for the June 2 Busch Series cost \$47 per person. (Children 11 and under admitted free with each paying adult.)

The last day to order tickets is May 3.

For more information or to purchase tickets, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907, e-mail mwr_registration@apg.army.mil or visit Web site www.apgmwr.com.

Amusement and Travel Expo

Everyone is invited to attend the MWR Leisure Travel Services Amusement and Travel Expo, 11 a.m. to 1:30 p.m., May 10, at Top of the Bay. Check out cruise packages, vacation destinations and amusement park specials. Local and national amusement and travel vendors will be available. Door prizes will be awarded.

For more information, call 410-278-4907/4011 or e-mail mwr_registration@apg.army.mil.

Mother’s Day Dinner

Treat mom to a nice dinner without the cleanup. Top of the Bay will serve a Mother’s Day Dinner, 5 to 8 p.m., May 13. Cost is \$19.95 per adult, \$7.95 for children ages 6 to 11 and children ages 5 and under are free. The buffet dinner includes a carving station with prime rib and turkey, shrimp creole, chicken Marsala, Italian sausage and peppers, oven roasted herbed potatoes, rice, pasta, assorted vegetables. An assortment of desserts, coffee, tea, iced tea, and cash bar will be available with a glass of champagne for mom.

For reservations, call 410-278-3062/2552/5195 by May 10. No reservations after May 10.

Dog Obedience for Beginners

Get hands-on training and learn techniques that will help the dog respond to commands in a positive way.

Class will be held 6 to 7 p.m. every Thursday, May 17 through June 21 at the APG North Recreation Center, building 3326.

Register by May 15. Cost is \$60.

For more information or to register, call MWR Leisure Travel Services, Aberdeen Recreation Center, 410-278-4011/4907, e-mail mwr_registration@apg.army.mil or visit Web site www.apgmwr.com.

2007 Army Arts and Crafts Contest

The Army Arts and Crafts Contest is an annual, juried competition of 2 and 3-dimensional artwork held

in separate groups for novice and accomplished artists and craftspeople. All authorized patrons of Morale, Welfare and Recreation are eligible to enter. Rules for submission of entries, as well as entry forms can be downloaded from www.armymwr.com, or at the Arts and Crafts Centers.

Entries must be submitted to Arts and Crafts Center, building 2407, 410-278-4207 no later than 4 p.m., May 17

Dover Downs Raceway Nextel Cup

Zoom on down to “The Monster Mile” Dover Downs Raceway Nextel Cup race on June 3. The bus departs 9:20 a.m. and returns approximately 8 p.m.

Experience the thrill of the speed, the unique white concrete track, the roar of the engines and cheers of the crowd.

Cost of the trip is \$130 and includes bus transportation and tickets - reserved seating on Turn 3, sections 139-149, rows 1-30.

For more information or for registration, call 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Tickets for Jersey Boys in New York

See the Tony award winning musical “Jersey Boys,” the story of Frankie Valli and the Four Seasons.

MWR offers tickets and transportation for the 3 p.m. show, Aug. 26, at the Wilson Theater, 52nd Street, New York City. Cost is \$170 per person and includes 1st mezzanine seating and roundtrip transportation. A limited number of seats are available. Open to all DoD ID card holders. Purchase tickets by July 26.

The bus will depart 7:30 a.m. and return 10 p.m.

For more information or to purchase tickets, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

MWR begins daily bus trips to Atlantic City

Roll the bones on daily trips to Atlantic City. MWR Leisure Travel Services offers daily bus service to Trump Taj Mahal Casino and Bally’s Casino. Cost of the trip to Trump Taj Mahal is \$28 per person with \$25 back in cash and a \$5 buffet coupon. Cost of the trip to Bally’s Casino is \$22 with \$22 back in cash. Only for ages 21 and over.

The bus will leave Vitali’s Restaurant, Best Western in Edgewood at 9 a.m. and return at 9 p.m.

For more information, call MWR Leisure Travel Services at Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Orioles Baseball tickets available at MWR Leisure Travel Services

All game seats are located in Section 40 Row WW seats

11 and 12, Row XX seats 11 and 12. Tickets cost \$49 each.

Call 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

- Toronto Blue Jays, Friday, April 20, 7:05 p.m.
- Oakland Athletics, Tuesday, April 24, 3:05 p.m.
- Tampa Bay Devil Rays, Tuesday, May 8, 7:05 p.m.
- Toronto Blue Jays, Tuesday, May 22, 7:05 p.m.
- Oakland Athletics, Saturday, May 26, 7:35 p.m.
- Tampa Bay Devil Rays, Wednesday, July 25, 7:05 p.m.
- Boston Red Sox, Friday, April 10, 7:05 p.m.
- Tampa Bay Devil Rays, Thursday, Aug. 30, 7:05 p.m.
- Boston Red Sox, Thursday, Sept. 6, 7:05 p.m.
- Boston Red Sox, Friday, Sept. 7, 7:05 p.m.
- New York Yankees, Friday, Sept. 28, 7:05 p.m.

Aberdeen Ironbirds tickets

Tickets are available for the following Aberdeen Ironbirds games:

- Williamsport Crosscutters, 7:05 p.m., July 11,
- Staten Island Yankees (Military Appreciation Night), 7:05 p.m., Aug. 16,
- Oneonta Tigers, 7:05 p.m., Sept. 6

Tickets cost \$13.50 per person and include a complimentary Ironbirds hat.

For more information or to purchase tickets, call MWR Leisure Travel Services at Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil or visit Web site www.apgmwr.com.

Daytona NASCAR Tickets

Tickets for the July 1, Nextel Pepsi 400 at Daytona, Fla., are available at MWR. Tickets cost \$45 per person for superstretch seats, rows 1 through 31; \$67 per person for superstretch terrace seats, rows 33 through 61; \$58 per person for seating from the turns; \$126 per person for seating from the turns tower; and \$46.50 for a Nextel Fanzone Pre Race Pass. Open to all DoD ID card holders.

For more information or to purchase tickets, call MWR Leisure Travel Services at Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

MWR has Washington 2007 Kings Dominion season passes

The Italian Job Turbo Coaster, White Water Canyon, Rugrats Toonpike and more await visitors to Kings Dominion. Season passes for adults cost \$68 and season passes for juniors and seniors cost \$50. Purchase season passes by June 29. Open to all Department of Defense employees.

For more information or to purchase passes, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

ACS accepting nominations for APG Volunteer of Year

MWR

The Aberdeen Proving Ground Volunteer of the Year Program recognizes exemplary achievement for volunteer service in support of the APG community.

Each organization/unit may submit two nominations in each category: military (Active Duty, Reserve, and National Guard), family member (19 years of age or older), retiree (military or civilian), civilian employee, and youth (18 years of age or younger).

Service must have been performed on APG from Jan. 1 through Dec. 31 2006.

Typed nominations should include:

- Unit/organization submitting nomination
- Name of nominee
- Full address (include city, state and zip code)
- Telephone number
- E-mail address
- Category (choose one from Military, Family Member, Retiree, Civilian or Youth)

A justification for the nomination should include estimated number of volunteer hours, types of services, effect on the APG community and all volunteer activities in which nominee participated, being as specific as possible.

A proposed citation not to exceed nine typewritten lines should be submitted with the nomination.

Each organization is also asked to provide the number of volunteers and volunteer hours for the same time period.

Nominations and proposed citations must be received at Army Community Service, building 2754, room 203; faxed to 410-278-9685, or e-mailed to marilyn.howard@usag.apg.army.mil no later than April 25.

For more information, call Marilyn Howard, ACS, 410-278-9669.

Winners will be announced and all nominees will be recognized at the Volunteer Ceremony 7 p.m., May 16, at Top of the Bay.

APG Bowling Center Snack Bar specials

Building 2342

Week of April 16

Special #1: Grilled cheese sandwich, small salad (ranch or blue cheese dressing), one cookie and soda for \$3.25

Special #2: Cheeseburger sub with mayonnaise, lettuce, pickles, onions, French fries, one cookie and soda for \$6.95.

Week of April 23

Special #1: Roast beef sandwich on white

bread, mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$7.45.

Special #2: Italian sausage with green peppers and onions in a marinara sauce and provolone cheese on a hot dog bun, French fries, one cookie and soda for \$5.95.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



90th Anniversary Celebration Calendar of Events

(All dates are subject to change and weather conditions.)

April

- 21, Exton Golf Course holds APG 90th Anniversary Open Day Golf Scramble, 8:30 a.m., MWR, Exton Golf Course, 410-436-2213
- 26, Law Day luncheon, Office of the Staff Judge Advocate, 410-278-1107

May

Asian Pacific American Heritage Month (EEO)/APG Open House/Military Appreciation/ Ordnance Week activities and anniversary ball

- 5, Spring Fest community event, 10 a.m. to 3 p.m., Fire and Emergency Services, 410-306-0533
- 13, U.S. Army Soldier Show, 7 p.m. show open to public, MWR, 410-278-4402
- 17, Military Appreciation Luncheon (sponsored by the Harford County Chamber of Commerce), by invitation only
- 19, 10K Armed Forces Day Run, MWR,

(Editor’s note: This calendar will be updated as necessary. New or changed items will appear in italic bold print.)

410-278-3812

June

- 2 and 3, Ruggles Senior Club Championship, 9 a.m., age 50 and older, limited to annual, MWR, Ruggles Golf Course, 410-278-9452
- 11, Ruggles Super Senior Tournament, age 60 and older, MWR, Ruggles Golf Course, 410-278-9452

July

- 26, Army Community Service Birthday Picnic, 11 a.m. to 2 p.m.

August /September /October

- TBA Army Concert Tour

November 2007

- 15, Military Family Movie, ACS, 410-278-4372, 6 to 9 p.m.

December 2007

- 5, ACS Christmas Party/Tree Lighting Ceremony, 410-278-4372, 6 to 9 p.m.

Sports

Amateur Boxing Night

Once again MWR will host Amateur Boxing Night, 6 p.m., June 2, in the parking lot of the APG Athletic Center, building 3330. The 143rd Ordnance Battalion will battle the 16th Ordnance Battalion.

Tickets cost \$5 for active duty military, \$10 for civilians and \$20 for front row seating. Admission is free for children 6 and younger. The event is open to the public.

Purchase tickets at MWR Leisure Travel Services, building 3326, 410-278-4011/4907, e-mail mwr_registration@apg.army.mil or Hoyle Gym and Fitness Center, building E-4210 or call 410-436-3375/7134.

Exton holds spring golf outing

Happy Gilmore and Bob Barker can’t beat this golf event. A Spring Golf Outing will be held at Exton Golf Course April 21 with an 8:30

a.m. start.

The entry fee costs \$20 for annual patrons; \$30 value card holders and authorized patrons; and \$40 for guests. Entry fee includes greens fee, cart, continental breakfast, lunch and prizes.

For more information or to register, call 410-436-2213 or visit the Pro Shop at Exton or Ruggles or e-mail rueben.ferguson@us.army.mil.

Start Smart Baseball

Start Smart Baseball is designed to teach basic baseball skills to children in a non-competitive environment.

Registration for youths ages 3 to 5 (as of May 7, 2007) will be held through April 20. Parent participation is required.

Cost of this six-week program is \$40 per child and will be held at the APG North Youth Center.

Start Smart Baseball begins May 7 and will be held 5:30 to 6:30 p.m. on Mondays.

For more information or

to register, call Central Registration, 410-278-7479/7571 or 410-306-2297.

Youth Golf Program

Registration for the golf program for boys and girls, ages 7 through 16 (as of June 18, 2007) will be held May 1 through 24.

APG North golf will begin June 19 on Tuesdays and Thursdays.

Age groups 7 to 9 will play 8 a.m.; 9 a.m. for ages 10 and 11; and 10 a.m. for ages 12 through 16.

APG South golf will begin June 18 on Mondays and Fridays.

Ages groups 7 to 9 will play 8 a.m.; 9 a.m. for ages 10 and 11; and 10 a.m. for ages 12 through 16.

Cost of registration is \$65 for CYS members. All youths must be registered with CYS.

For more information or to register, call 410-278-7571/7479 or Bill Kegley, 410-306-2297.



Army News

Referral Bonus extended to Army civilians

Army News Service

The Army has expanded its \$2K Referral Bonus program to include civilian employees, making it possible for them to earn \$2,000 while helping the Army boost enlistments.

Until March 15, the recruiting incentive - known as the “\$2K Referral Bonus” program for the regular Army and Army Reserve, and “Every Soldier is a Recruiter” in the National Guard - applied only to Soldiers and Army retirees who referred applicants who enlist, complete basic training and graduate from advanced individual training.

The bonus for referring a prospective applicant who has never served in the armed forces originated in January 2006 with a \$1,000 bonus. It was doubled in November 2006.

Under the newly expanded program, a Department of the Army civilian who refers a prospective recruit before the applicant meets with a recruiter is eligible for the award. Restrictions preclude the referral of an immediate family member (including an adopted or step-child).

Additionally, the referral must be made via the following Web sites, respectively, for active-duty Army prospective recruits and Army National Guard prospective recruits: <https://www.usarec.army.mil/smart/> or www.1800goguard.com/esar.

Referrals for the regular Army and Army Reserve may also be made by calling U.S. Army Recruiting Command’s toll-free number: 1-800-223-3735. Referrals to the National Guard may be made by calling the Guard’s toll-free number: 1-866-566-2472.

“As the Army Civilian Creed notes, Army civilians are dedicated members of the Army team. They support the mission, and they provide stability and continuity during war and peace,” said Lt. Gen. Michael Rochelle, the Army’s deputy chief of staff for Personnel. “I know they are directing deserving youth to recruiters now. This will not only encourage them, but also reward them for their service.”

For more information about the referral program, visit <https://www.usarec.army.mil/smart/> or call 1-800-223-3735, extension 6-0473.



Sports

Intramural volleyball

The following results were received from the APG sports office for the week ending April 9. For inquiries concerning statistics, call 410-278-3929.

Results

APRIL 2

- HHC 16th defeated USMC #3, 21-3; 21-8
- Company A 143rd defeated CHPPM, 21-17; 21-17

APRIL 4

- HHC 16th defeated USMC #1, 21-7; 21-10
- USMC #2 defeated USMC #3, 21-0; 21-12
- 22nd Chemical defeated Company A 143rd, 21-12; 21-14
- CHPPM defeated Company B 143rd, 10-21; 21-18; 15-6

APRIL 9

- USMC defeated USMC #1, 21-7; 21-8

- MRICD defeated Company B 143rd, 21-12; 21-12
- 22nd Chemical defeated CHPPM, 21-14; 21-10

Schedule

APRIL 23

- 6:30 p.m., HHC 16th vs. USMC #1 (APG North)
- 7:15 p.m., USMC #2 vs. USMC #3
- 6:30 p.m., MRICD vs. CHPPM (APG South)
- 7:15 p.m., Company A 143rd vs. 22nd Chemical

APRIL 25

- 6:30 p.m., USMC vs. USMC #1 (APG North)
- 7:15 p.m., USMC #2 vs. HHC 16th

Civilian volleyball, basketball update

The following results were received for the civilian volleyball and basketball leagues for the week ending April 16. For inquiries regarding statistics call Charles Heinsohn, MWR program specialist, 410-278-3868.

CIVILIAN VOLLEYBALL

Standings

Team 4	6-1
Team 6	6-1
Team 1	5-2
Team 5	3-4
Team 7	3-3

Team 9	3-4	Team 1	1-0
Team 2	3-4	Team 7	1-0
Team 8	2-6	Team 2	1-1
Team 3	0-8	Team 3	1-1
CIVILIAN BASKETBALL		Team 6	1-1
Standings		Team 5	0-2
Team 4	2-0		



Channel 21 features Pentagon Channel programing

The Pentagon Channel will feature the following programs on Channel 21. These programs are subject to change each week and will be updated accordingly.

Monday

- Around the Services, 8 a.m.
- Focus on the Force, 10 a.m.
- Army Newswatch, 11 a.m.
- Freedom Journal Iraq/AF Prime Time, 1 p.m.
- AFN Europe, 6:30 p.m.
- Around the Services, 8 p.m.
- Focus on the Force, 10 p.m.

Tuesday

- Around the Services, 8 a.m.
- Freedom Journal Iraq/AF Prime Time, 10 a.m.
- Focus on the Force, 1 p.m.
- Around the Services, 5:30 p.m.
- Army Newswatch, 7 p.m.
- Freedom Journal Iraq/AP Prime Time, 10 p.m.

Wednesday

- Around the Services, 8 a.m.
- Army Newswatch, 9:30 a.m.
- Focus on the Force, 2 p.m.
- AFN News Europe, 6:30 p.m.
- Around the Services, 8 p.m.
- Army Newswatch, 9:30 p.m.

Thursday

- AF Prime Time/Freedom Journal Iraq, 10 a.m.
- Around the Services, Noon
- Focus on the Force, 1 p.m.
- AFN News Europe, 1:30 p.m.
- Around the Services, 8 p.m.
- Focus on the Force, 9:30 p.m.

Friday

- Around the Services, 8 a.m., Noon
- Freedom Journal Iraq/AF Prime Time, 2:30 p.m.
- Army Football, 4 p.m.
- AFN News Europe, 6:30 p.m.
- Around the Services, 8 p.m.

Saturday

- Freedom Journal Iraq/AF Prime Time, 4 p.m.
- Army Newswatch, 7:30 p.m.
- Focus on the Force, 9 p.m.

Sunday

- Focus on the Force, 11:30 a.m.

- Army Healthwatch, 2 p.m.
- Army Newswatch, 4:30 p.m.

Army Newswatch – Bi-weekly report on the men and women of the Army
Around the Services – From the Pentagon Channel News Center, daily half-hour program featuring military news from top defense officials and the military services from around the world

RECON – A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. Military men and women.

Your Corps – Monthly view of the men and women of the Marine Corps

Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq

Navy Marine Corp News – A weekly look at the men and women of today’s sea service.

Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the U.S. Air Force

The American Veteran - A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service

Battleground - Every weekend, this series features historic films from World War II, Korean War, and the Vietnam War. A Pentagon Channel Original Series

Focus on the Force – A weekly program highlighting missions, operations and people of the U.S. military.

Inside Afghanistan – Presents the latest from Operation Enduring Freedom, showing the activities of American Troops in country.

ATS Reloaded – ATS-Reloaded revisits the best of the week and keeps you updated on information that’s important to you.



Kirk U.S. Army Health Clinic laboratories receive accreditation



Pragna Patel, chief of Laboratory Services, Kirk U.S. Army Health Clinic, places test tubes into the Hematology LH-500, a machine that analyzes complete blood counts.

Story and photo by
HEATHER TASSMER
APG News

Kirk U.S. Army Health Clinic’s laboratories in Aberdeen Proving Ground North and South have received an accreditation from the College of American Pathologists’ Commission on Laboratory Accreditation based on the outcome of an on-site inspection in January.

According to the news release, the goal of the accreditation program is to make certain the laboratories’

patients are receiving the highest standard of treatment.

During the rigorous inspection, a CAP representative analyzed the laboratories’ records and procedures from the previous two years.

The inspector also examined the entire staff’s credentials, the equipment, facilities, safety program and record and overall management of the laboratories.

The laboratories were accredited in the following services: chemistry, organizational assessment, hematology,

immunology, general laboratory and urinalysis, said Lt. Col. William Rice, commander of KUSAHC.

“College of American Pathologists’ accreditation is the most respected and recognized laboratory accreditation program in the world and has long been considered the ‘gold standard’ against which others are measured,” Rice said.

He said KUSAHC was not notified that a CAP inspector was going to evaluate the laboratories so the results show “an accurate picture of what happens in the laboratory on a daily basis.”

“I am very proud of our laboratory staff for this achievement,” Rice said. “It reflects their day-to-day commitment to high quality healthcare that our beneficiaries deserve and expect.”

“We are very proud to receive this accreditation,” said Pragna Patel, chief of Laboratory Services. “It is a great accomplishment and shows that we are providing accurate and quality testing.”

CAP
The College of American Pathologists is a medical society serving nearly 16,000 physician members and the laboratory community throughout the world.

It is the world’s largest association composed exclusively of pathologists and is widely considered the leader in laboratory quality assurance. The CAP is an advocate for high-quality and cost effective medical care. CAP has accredited more than 6,000 laboratories nationwide.

For more information about CAP, visit www.cap.org.

Commentary--Sneaking up on those hidden calories

Story by
CAPT. CHERITA OGUNSANYA
William Beaumont Army Medical Center

Although many of us have decided to adopt a healthier lifestyle, there are still ways in which extra calories can sneak up on us. Some of those hidden calories are found in places that people are less likely to notice them.

There are ways to stay on track with your healthy lifestyle. By becoming familiar with foods that contribute to extra calories, you have just made the first move in sneaking up on those hidden calories.

Be aware of foods with reduced-fat labels. The fat content may be reduced, but the calories may remain unchanged. For instance, those of you who like to indulge in frozen yogurt; I have two words for you: “Buyer Beware.” Although it is indeed a lower-fat food, it can still pack a high-calorie punch. The waffle cone alone can have up to 100 calories. This may seem trivial to some, but to those who are not active, 100 calories can make a world of difference when added to other “trivial” calories (especially when you add in the 110-115 calories from each scoop of yogurt).

When one thinks of a salad, low fat immediately comes to mind. Sadly, that is not always the case. Sometimes people consume as many or even more calories and grams of fat in a salad than they would in a full-course meal.

The average-sized vegetable salad (lettuce, carrots and broccoli) topped with eggs, ham, bacon bits, and Italian dressing can contribute about 340 calories and up to 23 grams of fat. That same salad, without the ham and egg toppings and a tablespoon of regular-fat Italian dressing, contributes about 180 calories and up to 8 grams of fat. (What a difference a few toppings can make.)

Not only that, but for just a few calories more, you could have had three ounces of grilled skinless/boneless chicken, one cup of steamed broccoli, and a three-ounce baked potato with one tablespoon of sour cream (about 350 calories, and 15 grams of fat).

Fruit juices can also be a culprit in adding excess calories. Think about this: It takes more than one orange to make a glass of orange juice, so it is safe to say that one glass of juice has more calories than the 60 calories contained in an average-sized orange. The average container of juice has about 110 calories per 8 ounce serving. However, most household cups start off at 12 ounce.

Should I dare to mention the sports drinks

out on the market? If you take a look at the first three ingredients on the bottle, one is usually going to be some kind of sugar (words that end in “ose” are a form of sugar). Even the smallest container of sports drink (20 ounce) can provide almost 200 calories per bottle. The 20-ounce bottle provides 2 1/2 servings per the nutrition label; therefore, you are getting a lot more calories than originally thought.

Other than avoiding extra calories, the next best thing is to increase your amount of exercise.

In some cases, exercise plays an even greater role in helping to avoid those hidden calories. This statement is valid because of the fact that some of the energy from the calories that we consume is burned off with basic body functions (i.e. eating, sleeping, walking, etc.). However, the energy stores that remain afterward are converted to fat stores. Being inactive decreases the amount used for basic functioning and increases the amount that is converted to fat.

It takes about 500 calories a day to gain/lose 1 to 2 pounds per week. This may seem like a lot of calories, but as shown earlier with the salad, the calories add up fast. By walking at a moderate pace for about 60 minutes daily (even split up in shorter walks throughout the day), you can reduce your calorie load by 250 to 300 calories.

Maintaining a healthy lifestyle does not have to be a chore. By making a few simple informed choices, you can rest assured that you won’t be hearing anyone say, “A moment on the lips, and a lifetime on the hips.”

Light Pasta Salad (serves 6)

- 1/2 cup reduced-calorie Miracle Whip salad dressing
- 1/2 cup reduced-calorie Italian dressing
- 2 cup (16 oz.) cooked corkscrew noodles
- 1 cup partially cooked broccoli florets
- 1/3 cup chopped green bell peppers
- 1/2 cup chopped tomato
- 1/4 cup green onion slices

In large bowl, mix salad dressings until well blended. Add remaining ingredients; mix lightly. Refrigerate. Serve with freshly ground black pepper if desired.

Nutrients per serving (3/4 cup): cal 180; total fat (g) 6; saturated fat (g) 1; cholesterol (mg) 0; sodium (mg) 460.

Recipe taken from Consumer’s Guide “Fat Reduction, Trim Fat from Your Life.”

Earth Day April 22

Commentary--Secretary of the Army Earth Day message is 'act today to preserve future'

By
PETE GEREN
Acting Secretary of the Army

Today our Army continues to wage the long struggle against global terrorism while simultaneously transforming ourselves to meet the challenges of tomorrow.

To achieve success, we must acknowledge the conditions that place greater stress on the world's interconnected human, economic, and natural systems. Most importantly, we must

respond accordingly – we must act today to preserve our future.

On this Earth Day we remind ourselves that, while we remain Army Strong to ensure the defense of this great nation, we must also remain good stewards of our environment to preserve it for future generations.

Ours is a strong, sustainable Army with the vision to address uncertainties at home and on the battlefield, to coexist with local communities,

and to enhance the environment that sustains their well being.

Sustainable practices such as water conservation, greater fuel efficiency, and use of renewable energy allows our Army to travel farther, deploy longer, and reduce dependence on traditional supply lines and reduce our impact on natural resources.

Sustainability further enhances our business transformation by eliminating waste, driving innova-

tion and promoting collaboration across the entire Army.

Ours is a strong, sustainable Army that shares its strength with others.

As we realign the infrastructure of our installations, depots, and arsenals, we will seek opportunities to work with our neighbors to sustain access to shared resources, and create the kinds of communities that promote well being for the entire Army family.

On this Earth Day, we as an Army reaffirm our commitment to

sustainability.

The Army - every Soldier, every civilian, every contractor, and every family member - must make the personal commitment to do everything possible to ensure a strong, sustainable Army.

It is vital that we continue to implement innovative policies and practices that well protect our natural resources for future generations.

Army Strong - today and tomorrow!

APG Garrison receives DA environmental award

Story by
YVONNE JOHNSON
APG News

The Aberdeen Proving Ground Garrison was recognized for establishing programs and initiatives that conserve the environment while fulfilling the Army mission during a ceremony at building 305 April 4.

The Secretary of the Army FY 06 Environmental Award is administered by the U.S. Army Environmental Command. The awards honor the Army's top programs in endangered species protection, historic preservation, waste reduction, environmental cleanup and pollution prevention. APG was the first runner-up in the Natural Resources Conservation, large installation division.

Diane Devens, director of the Northeast Region Installation Management Command, presented the award to Col. John T. Wright, APG Garrison and deputy installation commander and representatives from the directorates of Safety Health and Environment, Installation

Operations and Law Enforcement and Security's Marine and Wildlife Division.

"This is an important award," Devens told the group. "It's important for the Army and I'm proud to be able to present it to you."

The team members whose efforts earned the installation the award included Kenneth P. Stachiw, chief, Environmental Conservation and Restoration; Dr. James Bailey, biologist; Rurik Loder, environmental engineer; John Paul, wildlife biologist; Roger Stoflet, agronomist, Directorate of Installation Operations; Stephen E. Wampler, environmental protection specialist; Ralph Plummer, special agent, Natural Resources Law Enforcement; Bill Armstrong, special agent, Natural Resources Law Enforcement; Amy Burgess, endangered species compliance consultant; Carol Swam, DSHE hunting program; and Deidre DeRoia, Integrated Training Area Management coordinator.

The installation received the award due to a variety of achievements over the past two years.

Some of those achievements include:

- APG was the first in the Army to apply for a renewable 10-year permit under the Clean Water Act and has initiated a stabilization design for the first 22 miles of 120 miles of shoreline;

- The Army Compatible Use Buffer program was used to create a 163-acre agricultural conservation easement between the Churchville test track and residential development;

- The Tree City Award was presented to APG by the Arbor Day Foundation in 2006 for efforts with urban forest management;

- In 2004, DSHE began placing spinning reflectors on wires to prevent bald eagle strikes and insulated covers on pole cross arms, resulting in a 60 percent decrease in mortality levels bt 2006;

- The Submerged Aquatic Vegetation program, initiated by the U.S. Army Environmental Command, benefits the installation by stabilizing shorelines and benefits the region by improving water quality and increasing bio-

diversity of the Chesapeake Bay;

- An Eagle Task Forces has been established to review and monitor activities that could impact eagle population. By educating garrison and tenant employees in identifying and protecting this national treasure without sacrificing mission objectives, despite the eagle presence, a record number of firing programs was recorded in 2005; and

- APG has begun to implement low-impact development concepts, including Bayscapes, which are utilized for watershed management.

"APG is a living laboratory for many other Department of Defense agencies that use APG as a test site for research activities," Devens said.

The installation has established partnerships with the Virginia Institute of Marine Science, the Maryland Department of Natural Resources, the U.S. Fish and Wildlife Service, Harford Glen, the Aberdeen Science and Math Academy, the Upper Western Shore Tributary Team, National Public Lands Day and the Maryland Freshwater Partnership.

Eagle Scout project 'is for the birds'



Photos courtesy of MATTHEW L. PROCELL
Matthew L. Procell, a 17-year old with Boy Scout Troop 1234, mounts a Peterson Nest Box for bluebirds on a tree in APG South as part of a leadership service project to obtain the rank of Eagle Scout.

Story by
YVONNE JOHNSON
APG News

While growing up in Harford County, Matthew L. Procell spent a lot of time around birds. His mother, a member of the Audubon Society and the Harford County Bird Club, often took him along on outings and he grew up learning about nesting habits, migration patterns and other data about species native

to the region.

When it came time for Procell, now age 17 and a life-long Boy Scout, to pick a leadership service project that could propel him to the rank of Eagle Scout, he didn't have to think very hard about it at all.

Last month, Procell led members of Boy Scout Troop 1234 in a wildlife conservation project that involved constructing 24 bluebird hous-

es known as Peterson Nest Boxes and mounting them in Aberdeen Proving Ground South.

The wooden structures are necessary to protect the small creatures' nests, the John Carroll High School senior explained.

"American blue birds are really small," Procell said. "The Peterson boxes keep other birds from taking over their nests."

He added that swallows often show up in the nests but that that was no problem.

"I don't mind swallows but sparrows will kill the blue bird eggs," he said.

In addition, the nest boxes will help conserve and potentially increase the blue-bird population on APG, he explained.

"Good habitat for bluebirds is decreasing each year in Harford County due to loss of farmland and other open spaces due to development," he said. "APG provides potentially good habitat for bluebirds, and placing desirable nesting boxes in good locations should lead to an increase in the population."

Procell said he got the idea from when he used to help his mother and APG biologist Jim Pottie construct and spray paint numbers on blue bird boxes when he was a child.

Also an internist with the U.S. Army Research, Development and Engineering Command under a program sponsored by George Washington University, Procell said he became concerned when he looked around and saw how many of the boxes had fallen into disrepair. He went to visit wildlife biologist John Paul with the Directorate of Safety, Health and Environment and



This dilapidated Peterson Nest Box is one of several that were replaced by Boy Scout Troop 1234 under the leadership of Procell.

learned that the boxes could no longer be erected on telephone poles. It was Paul and environmental specialist Steve Wampler, also with DSHE, who advised him on the best areas to place the boxes to attract breeding blue birds.

In addition, Procell arranged for Dr. Mark Johnson, a master bird-bander with the Harford Bird Club and a biologist with the U.S. Army Center for Health Promotion and Preventive Medicine, to talk to his troop about the need for conservation efforts to aid blue birds.

Johnson has also agreed to serve as the merit badge counselor for scouts seeking to earn

the Bird Study merit badge.

The process included preparing a full job description detailing the entire project from start to finish; listing the materials, funds, personnel and work assignments, and tracking the total hours for each participant. Procell even used GPS devices to document each boxes' location, the degree in which the box is facing, its height and a description of the physical location.

The construction portion of the project lasted three days.

Ten fellow scouts assisted in the construction and posting of the boxes and Procell's parents, Larry and Suzanne Procell, employees with the Edgewood Chemical Biological Center, assisted with adult supervision during the project's completion. Larry is also the troop scoutmaster.

The total time for the helper scouts was 124.25 hours and for Procell, from conception to completion, was 215.75 making the total project time 213.75.

Matt Procell's love of birds has not only influenced his life, but his career plans; he hopes to become an Army helicopter pilot.

Procell said the project was both challenging and rewarding.



Fellow scouts, from left, Corey pippin, 12; Caleb Gordon, 13; Geoff Bates, 17; and Benn Cobb, 13, put the finishing touches on Peterson Nest Boxes.



Understanding impaired driving

ASAP

An impaired driver is an individual who is driving without the normal capabilities that drivers are expected to have.

There are eight basic causes of impaired driving: alcohol, illegal drugs, prescription and over-the-counter medication, emotions such as anger or rage, inexperience, fatigue and advancing age. Many drivers are unaware or ignorant of how alcohol affects driving.

Many think that in order for driving to be affected they need to see double or be unable to walk straight.

The fact that one is unaware of how their vision is affected by alcohol makes it especially dangerous to rely on their judgment whether they are impaired or not. Drivers might think they are fine but in reality they are not.

Besides vision, alcohol in the blood and brain affect motor reactions. Often the driver does not

feel drunk but actually feels awake and energetic. Yet, reaction times are slowed. If a driver ordinarily needs a quarter of a second to hit the brake, with alcohol in their bloodstream, that need increases to a full second or possibly two seconds.

Alcohol affects vision, reaction time and mental judgment. The fact is that alcohol disrupts normal thinking patterns and reduces the ability to adjust for that. Therefore, errors in judgment, thinking, reasoning and the ability to figure out what is going on and what action should be taken is impaired.

Alcohol in the brain causes the mind to magnify certain things and minimize other things, so essential facts are distorted. The driver will even talk themselves into thinking they are an exception since “they can hold their liquor” so it is alright to drive. Or they may convince themselves it is okay to drive since the streets

are empty and they won’t run into traffic. This is impaired reasoning. All of these factors combine to increase the probability of a fatal accident due to the consumption of alcohol and driving under its influence.

Fatigue is a major concern for Soldiers while driving. Judgment becomes extremely impaired when driving while fatigued.

Increasingly, people are functioning on less sleep and this impairs driver performance, reaction time and response time especially on long stretches of roadway, or areas without much roadside scenery.

Driver fatigue due to sleep deprivation is both physical and mental. The biochemical composition of the blood and brain fluids creates an overwhelming desire to close the eyes and fall asleep. The sleep deprived driver may be even more dangerous than the drunk driver. Drivers are often poor judges of their own levels of fatigue.

Tell-tale signs of driver fatigue and the relat-

ed impaired driving include: heavy eyelids, day dreaming, varying speeds for no apparent reason, overtaking vehicles causing alarm response in the driver, continual yawning, rash decisions, impatience, vehicle wandering and misjudging situations or over-correcting/reacting.

“Taking frequent breaks when driving on lengthy trips; avoiding alcohol, illegal drugs, or any medications that impair alertness, and traveling in a well ventilated vehicle increase the drivers’ ability,” said Cindy Scott, ASAP Prevention coordinator. “The most responsible action to take is to pull safely off the road and get some rest. The best prevention for driver fatigue is to get adequate sleep, and reduce energy draining stress.”

For more ASAP information, contact Scott, 410-278-DRUG or Cynthia.Scott1@apg.army.mil, or visit the ASAP Web site <https://apgrc2gag-intra.apg.army.mil/apg/ASAP/>.

Myths, facts about alcohol, driving

National Highway Traffic Safety Administration, DOT

Myths and misconceptions about alcohol and its effects on safe driving are widespread. Knowing the truth could mean the difference between life and death.

Myth: Alcohol is a stimulant.

Fact: Alcohol is a depressant. It acts on the central nervous system like an anesthetic to lower or depress the activity of the brain.

Myth: “Drinking coffee sobers me up.”

Fact: Coffee cannot rid the system of alcohol. It just makes someone a nervous, wide-awake drunk. Only time reverses the impairment.

Myth: “I always stay away from the hard stuff.”

Fact: Alcohol is alcohol. One 12-ounce glass of beer has as much alcohol as a 1.5-ounce shot of whiskey or a 5-ounce glass of wine.

Myth: “I am bigger so I can handle my liquor better than other people.”

Fact: Size is only one factor in how much

a person can drink. Metabolism, amount of rest and food intake all play a part in how someone handles liquor. Impairment in motor reflexes and judgment can begin with the first drink.

Myth: “Once I roll down my car window, I am okay to drive.”

Fact: No amount of fresh, chilly air can reverse impairment. Nothing is gained by rolling down a window or turning on the air conditioner.

Myth: “I just drive slower after drinking.”

Fact: Many people believe that by driving more slowly, they can compensate for being impaired. The truth is drunk drivers are dangerous at any speed.

Myth: “All I have to do is splash my face with cold water.”

Fact: Cold water or even a cold shower will not sober up or make someone a safer driver.

For more ASAP information, contact Cindy Scott, 410-278-DRUG or Cynthia.Scott1@apg.army.mil, or visit the ASAP Web site <https://apgrc2gag-intra.apg.army.mil/apg/ASAP/>.

Commentary--Drunk driving: it hurts more than the driver

Story by
MAJ. NANCY SADDLER
WITH **JEANNIE DALMAS**
CHPPM

It happened to me. A drunk driver killed my best friend. Six months later my father was killed the same way.

Every time someone drives while intoxicated and has an accident, it causes a ripple effect like a stone skipping across the water.

One bad judgment, one single mistake causes so much harm. Not only harm to the driver, but to family and friends, then on to the victim’s family, their friends and

untold others.

Drinking alcohol (or taking drugs, whether illegal or legal) causes bravado — “I can do it,” or “I’m fine to drive” — which leads to driving while under the influence. The intoxicated person actually thinks he can drive, but he can’t. Judgment is impaired when people are intoxicated.

Some drinkers think beer and wine aren’t “real” alcohol. Drinking (whether it’s a quick beer or a glass of wine with dinner) is drinking. Even normally law-abiding people can forget this. Drunk drivers are not just alcoholics

or heavy drinkers.

So just think about it the next time you or a buddy has a drink. When out with friends, pick one person who sticks to drinking soda. That person can drive everyone else home safely. If that doesn’t work, it’s safer and smarter to call a friend or a taxi to do the driving.

Three out of every 10 Americans will be involved in drunken-driving incidents in their lifetimes. Don’t let it be you.

Do everyone a favor and don’t drive any vehicle after drinking alcohol.

Career

From page 3

undecided about it as a career goal prompted the event.

“Receiving e-mails requesting team assistance is not unusual,” Etheridge said, noting that college students often contact MCRP seeking information about summer employment, internships and scholarships.

Although the team doesn’t usually focus on high school students, they saw the request as an opportunity to help the student as well as others who may be faced with the same dilemma, Ethridge said.

“After spreading the word throughout the local community, we received a number of responses from students who were also interested in the field of chemical engineering but who knew very little about what a chemical engineer actu-

ally does,” Etheridge said.

The team then requested volunteers from APG organizations working in the chemical engineering field who would be willing to meet with the students.

“Yet again, we received an overwhelming response,” Etheridge said. “Not only did we receive chemical engineers but chemists and mechanical engineering specialists responded as well. The only thing left to do was set a date.”

Two dates were selected, March 20, which was hosted by the U.S. Army Center for Health Promotion and Preventive Medicine, and April 5 at ATC.

On April 5, three high school students met with ATC test director James Bach who said he agreed to meet the students after his directorate director and team supervisor told him about the project.

“I did it because it was information that I would have

liked to have known before I declared a major in college,” Bach said.

Bach took the group to the Blast Sphere on Spesutie Island where he briefed them on the U.S. Army Ordnance Emissions Program, which ATC is working on in conjunction with the U.S. Army Environmental Center and to the Fire Safety Test Enclosure at Poverty Island, which is a facility with an emission clean up train that he said is “highly relevant to the field of chemical engineering.”

“In between [sites], we talked about courses they should be taking prior to college and typical courses taken in college, as well as the different fields you can work in and skills I use now that I developed in college,” Bach said.

He said the students seemed most interested in the types of jobs available to chemical engineers and co-op or internship opportunities at APG.

“They also asked me what types of jobs I see as being in demand in the future and specifically, will the demand for chemical engineers stay the same or change,” Bach said.

He said the students seemed interested and grateful for the knowledge.

“I think [ATC] definitely made a positive impression, and I would be happy to do it again, as often as necessary, or arrange for engineers or scientists in other fields to do the same,” Bach said.

The students included Josh Bryant, Harford Technical High School; Donterrius Etheridge, C. Milton Wright High School; and Joseph Harris, a home-schooled high school-aged student.

Donterrius Etheridge, a 17-year old senior, said he found the tour “very informative.”

“It provided me with not only the information that I needed about the field of chemical engineering [but also] the opportunity to actually see some of the experiments chemical engineers conduct,” he said.

The son of Neslie Etheridge, MCRP, Donterrius said his plans include attending Harford Community college and the University of Maryland.